

## **ABSTRACT OF THE DISCLOSURE**

A damping device includes a support base, a housing, a pivot shaft, a resistance wheel, a magnetic disk, a fixing disk, an action block, two urging balls, and a motor. Thus, the fixing disk is pushed to move relative to the magnetic disk by rotation of the action block to change the distance between the magnetic members of the fixing disk and the magnetic disk, so as to adjust the damping force applied by the resistance wheel on the rear wheel of the exercising cycle, so that the resistance values of the damping device can be adjusted arbitrarily so as to fit the requirements of different users.